

# When should *you* get your flu shot?

	OCT	NOV	DEC or later
<b>People at high risk of severe illness</b> <ul style="list-style-type: none"> <li>▪ <b>65 years old or older</b>—Even if you're in great health!</li> <li>▪ <b>Children 6-23 months old</b>—Children younger than 2 years old have one of the highest rates of hospitalizations from influenza</li> <li>▪ <b>Adults and children with a chronic health condition</b>—Such as heart disease, diabetes, kidney disease, asthma, cancer, and HIV/AIDS</li> <li>▪ <b>More than 3 months pregnant during flu season</b>—Typically November through March</li> </ul>	<b>Best Time</b>		<b>Not too late!</b>
<b>People who can give the flu to those at high risk</b> <ul style="list-style-type: none"> <li>▪ <b>Household contact or care-giver of someone at high risk</b></li> <li>▪ <b>Health care workers</b></li> <li>▪ <b>Household contact or care-giver of a child under 2 years old</b>—Infants younger than 6 months old can't get a flu shot, but they can get the flu</li> </ul>	<b>Best Time</b>		<b>Not too late!</b>
<b>Your child's very first flu shot</b> <ul style="list-style-type: none"> <li>▪ <b>Children 6 months – 8 years old</b> getting the very first flu shot need a booster shot one month after the first dose of vaccine</li> </ul>	<b>Best Time</b>		<b>Not too late!</b>
<b>Healthy people 50-64 years old</b>	<b>Best Time</b>		<b>Not too late!</b>
<b>Anyone who wants to prevent the flu</b>	<b>Best Time</b>		<b>Not too late!</b>

*A flu shot is your best protection against the flu.*

**For more information: Ask your health care provider or call the CDC Immunization Hot Line.**

**English: 1-800-232-2522    Español: 1-800-232-0233    [www.cdc.gov/nip/flu](http://www.cdc.gov/nip/flu)**



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**Fight  
the  
Flu**